

**Fairfax County Family Life Education**  
**OPT-OUT REQUEST FORM**  
**Grade Three: Emotional and Social Health**

If you wish to opt your child out of all or some of the grade three Family Life Education lessons, please complete this form and **return it to your child's classroom teacher prior to FLE instruction**. Additional information for lesson objectives and media descriptions is available at <https://www.fcps.edu/academics/elementary-family-life-education-file>. Lessons are available in Schoology.

**PLEASE NOTE: You do not need to return this form unless you are opting your child out of all or some of the grade three Family Life Education lessons.**

CHILD'S NAME \_\_\_\_\_ Classroom Teacher \_\_\_\_\_

**Directions: Please check those lessons in which you do not want your child to take part.**

\_\_\_\_\_ **Lesson 1: Positive Self-Image**

Students will identify positive personal characteristics and attributes.

- Identify positive personal characteristics and attributes to develop a positive self-image including:
  - Being good at academics, sports, fine arts; or being funny or honest

\_\_\_\_\_ **Lesson 2/3: Good and Bad Touches**

Students will demonstrate how to respond appropriately to good touches and how to handle inappropriate approaches from relatives, neighbors, strangers, or others.

- How to communicate a response to good touches, such as smiling or hugging
- How to communicate a response to confusing situations or inappropriate touches, such as saying "no," avoiding the situation, and leaving the situation
- Inappropriate approaches will include defining and identifying sexual abuse
- Listing trusted adults in their safety network
- Talk with a trusted adult about any inappropriate touches or confusing situations

\_\_\_\_\_  
**Parent/Guardian Signature**

**Date** \_\_\_\_\_